

## Westport Center for Senior Activities Winter Classes Jan.-Feb.-Mar. 2022

The WCSA is pleased to offer classes on Zoom and at the WCSA! **To register for any of the classes listed below**, the WCSA offers online registration at [www.myactivecenter.com](http://www.myactivecenter.com). Staff will also help you register over the phone . You may pay by credit card or by check made out to WCSA and mailed to: Westport Center for Senior Activities, 21 Imperial Ave., Westport, CT. 06880. Please note: Some classes have limited space and will be filled on a first come, first served basis. Registration is on-going throughout the quarter. There is a locked drop box located outside the front door of the WCSA for your convenience to drop off your checks and registration forms. Class descriptions are available on the WCSA website: [Click Here \(www.westportct.gov/seniorcenter\)](http://www.westportct.gov/seniorcenter)

<b>WCSA Classes Winter 2022: Exercise/Fitness</b>	<b>Cost</b>	<b>Instructor</b>	<b>Dates</b>	<b>Location</b>	<b>Total Sessions</b>	<b>No Class Dates</b>
Balance, Boxing and Bands, Thurs. 1:15-2:15 <i>Limit 10</i>	\$52	Judy Samuels	1/6-3/31	In house	13	
Boxing 101 Tues.3:00-4:00 pm. <i>Limit 7</i>	\$52	Dan Lewis	1/4-3/29	In-house	13	
Cardio Strength Fri. 9:30-10:30 am. <i>Limit 10 In-house</i>	\$48	Shelley Moll	1/7-3/25	Hybrid	12	
Chair Aerobics Thurs. 9:30-10:15 am. <i>Limit 24</i>	\$26	Shelley Moll	1/6-3/31	In-house	13	
Chair Aerobics Tues. 9:30-10:15 am. <i>Limit 24</i>	\$26	Shelley Moll	1/4-3/29	In house	13	
Cardio, Stretch & Mobility Mon. 3:15-4:15 pm. <i>Limit 7</i>	\$36	Beth Dalen	1/10-3/28	In-house	9	1/17,2/21 2/28
Cardio,Stretch & Mobility Wed. 1:45-2:45 pm. <i>Limit 7</i>	\$52	Karen Liss	1/5-3/30	In-house	13	
Cardio, Stretch & Mobility Thurs. 1:00-2:00 pm. <i>Limit 7</i>	\$48	Beth Dalen	1/6-3/31	In-house	12	2/24
Dance & Stretch Tues. 1:00-2:00 pm. <i>Limit 14</i>	\$44	Sandy Adamczyk	1/11-3/29	In house	11	3/15
Essentrics/Gentle Stretch Mon. 11:00-12:00 pm. <i>Limit 10</i>	\$44	Dyan DeCastro	1/3-3/28	Zoom	11	1/17,2/21
Functional Fitness Mon. 10:30-11:30 am. & 12:30-1:30 pm. <i>Limit 7</i>	\$44	Shelley Moll	1/3-3/28	In house	11	1/17,2/21
Functional Fitness Tues. 9:00-10:00 am. & 11:00- 12:00 pm. <i>Limit 7</i>	\$52	Judy Samuels	1/4-3/29	In house	13	
Functional Fitness Wed. 10:30-11:30 am. & 12:30-1:30pm. <i>Limit 7</i>	\$52	Shelley Moll	1/5-3/30	In house	13	
Functional Fitness Thurs. 8:45-9:45 am. 10:00-11:00 11:00-12:00 pm. <i>Limit 7</i>	\$52	Judy Samuels	1/6-3/31	In house	13	



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Functional Fitness Fri. 10:30-11:30 am. <i>Limit 7</i>	\$44	Shelley Moll	1/7-3/25	In house	11	2/18
Functional Fitness Fri. 12:30-1:30 am. & 2:00-3:00 pm. <i>Limit 7</i>	\$48	Karen Liss	1/7-3/25	In house	12	
APDA Managing Parkinson's Disease Fri. 1:15-2:15 pm. <i>Limit 14</i>	\$0	Paula Schooler,RN	1/7- 6/24	In house	24	4/18
Mind & Muscle Wed. 1:00-2:00 pm. <i>Limit 24</i>	\$0	Patty Kondub	1/19-3/9	In house	8	
Muscle & Tone Mon. 11:30-12:30 pm. <i>Limit 8</i>	\$44	Shelley Moll	1/3-3/28	In house	11	1/17,2/21
Muscle & Tone Wed. 11:30-12:30 pm. <i>Limit 8</i>	\$52	Shelley Moll	1/5-3/30	In house	13	
Muscle & Tone Fri. 11:30-12:30pm. <i>Limit 8</i>	\$48	Karen Liss	1/7-3/25	In house	12	
Muscle & Tone Tue. 10:00-11:00 am. <i>Limit 8</i>	\$52	Judy Samuels	1/4-3/29	In house	13	
Parkinson's Fitness Wed. 10:15-11:00 am. <i>Limit 24</i>	\$0	Ruth Sherman	1/5-3/30	In house	10	1/26,2/23, 3/23
Pilates Mat for Strength and Flexibility Tues. 10:30-11:30 am. <i>Limit 18</i>	\$52	Charlene Erwin	1/4-3/29	In house	13	
Pilates Mat for Strength and Flexibility Thurs. 10:30-11:30 am. <i>Limit 18</i>	\$52	Charlene Erwin	1/6-3/31	In house	13	
Rise & Shine Yoga Sat. 8:45-9:45 am.	\$48	Paula Schooler,RN	1/8-3/26	Zoom	12	
Strength Training Mon. 1:15-2:15 pm.	\$36	Sandy Adamczyk	1/10-3/28	Zoom	9	1/17,2/21 3/14
Strength Training Wed. 2:30-3:30 pm.	\$44	Sandy Adamczyk	1/12-3/30	Zoom	11	3/16
Strength Training Fri. 10:00-11:00 am. <i>Limit 14</i>	\$40	Sandy Adamczyk	1/14-3/25	In house	10	3/18
Strength, Stretch & Core Mon. 2:00-3:00 pm. <i>Limit 7</i>	\$36	Beth Dalen	1/10-3/28	In house	9	1/17,2/21 2/28
Strength, Stretch & Core Wed. 3:00-4:00 pm. <i>Limit 7</i>	\$52	Karen Liss	1/5-3/30	In house	13	



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Strength, Stretch & Core Thurs. 2:15-3:15 pm. <i>Limit 7</i>	\$48	Beth Dalen	1/6-3/31	In-house	12	2/24
Tai Chi Advanced Tues. 2:30-3:30 pm. <i>Limit 10 in house</i>	\$52	Mari Lewis	1/4-3/29	Hybrid	13	
Tai Chi Advanced Fri. 11:15-12:15 pm. <i>Limit 10 in house</i>	\$48	Mari Lewis	1/7-3/25	Hybrid	12	
Tap Dancing Thurs. 1:00 - 2:00 pm. <i>Limit 12</i>	\$44	Sandy Adamczyk	1/13-3/31	In house	11	3/17
Weights in Motion Mon. 9:30-10:30 am. <i>Limit 10 in house</i>	\$44	Shelley Moll	1/3-3/28	Hybrid	11	1/17,2/21
Yoga for Movement Disorders Tues. 11:15-12:15 pm <i>Limit 12</i>	\$52	Paula Schooler, RN	1/4-3/29	In house	13	
Yoga for Strength & Relaxation, Rejuvenation Sat. 10:00-11:00 am.	\$48	Maria Vailakis- Wippick	1/8-3/26	Zoom	12	
Yoga Very Gentle, Chair Sat 11:15-12:15 pm.	\$48	Maria Vailakis- Wippick	1/8-3/26	Zoom	12	
Yoga For Wellbeing Tues. 7:45-8:45 am. <i>Limit 12 in house</i>	\$52	Paula Schooler, RN	1/4-3/29	Hybrid	13	
Yoga, Total Health Mon. 8:45-9:45 am. <i>Limit 14 in house</i>	\$44	Denise O'Hearn	1/3-3/28	Hybrid	11	1/17,2/21
Yoga, Total Health Wed. 8:45-9:45 am. <i>Limit 14 in house</i>	\$52	Denise O'Hearn	1/5-3/30	Hybrid	13	
Yoga, Total Health Fri. 8:45-9:45 am. <i>Limit 14 in house</i>	\$48	Denise O'Hearn	1/7-3/25	Hybrid	12	
Yogalates Thurs. 11:40-12:40 pm. <i>Limit 8</i>	\$52	Jeannie Labate	1/6-3/31	Zoom	13	
Zen Flow Wed. 9:30-10:30 am. <i>Limit 10 in house</i>	\$52	Shelley Moll	1/5-3/30	Hybrid	13	2/16
Zumba Gold Wed. 10:30-11:30 am.	\$52	Karen Liss	1/5-3/30	Zoom	13	



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<b>WCSA Classes Winter 2022: Art &amp; Music</b>	<b>Cost</b>	<b>Instructor</b>	<b>Dates</b>	<b>Location</b>	<b>Total Sessions</b>	<b>No Class Dates</b>
Abstract Art Mon. 1:30-3:00 pm. <i>Limit 10</i>	\$44	Althea Erikson	1/3-3/28	In house	11	
3-D Origami w/Nor Wed. 10:00-12:00 pm.	\$10	Nor Smitobol	1/5-3/30	In house	13	
Beading/Jewelry/Stained Glass-Open Art Fri. 10:00-12:00 pm.	\$0	Nor Smitobol	1/7-3/25	In house	12	
Bringing the Outdoors In Thurs. 1:00-2:00 pm. <i>Limit 20</i>	\$44	Chris Goldbach	1/6-3/31	Zoom	11	1/27,2/24
Drawing Flowers Tues. 1:00-3:00 pm. <i>Limit 18</i>	\$24	Dick Rauh	2/22-3/29	Zoom	6	
Drawing Mixed Levels Thurs. 4:00-6:00 pm. <i>Limit 20</i>	\$44	Chris Goldbach	1/6-3/31	Zoom	11	1/27,2/24
Knit One Nibble One Tues. 1:00-3:00 pm	\$0	Ellen Lane	1/4-3/29	In house	13	
Mastering the Medium Fri. 1:30-3:30 pm. <i>Limit 12</i>	\$44	Linda McKie- McCellan	1/7-3/25	In house	11	3/25
Open Craft w/Jean Handy Wed. 1:00-3:00 pm.	\$0	Jean Handy	Every Wed.	In house	13	
Open Art w/Nor Thurs. 10:00-12:00 pm.	\$0	Nor Smitobol	Every Thurs.	In house	13	
Tom's Open Art Tues. 10:00-11:00 pm.	\$0	Nor Smitobol	Every Tues.	In house	13	
Ukulele Intermediate Level Tues. 12:30-1:30 pm. <i>Limit 9</i>	\$52	Uncle Zac	1/4-3/29	In house	13	
Working with Watercolors Fri. 10:00-12:00 pm. <i>Limit 12</i>	\$32	Lisa Arnold	1/7-3/4	In house	8	2/4





## Westport Center for Senior Activities

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<b>WCSA Classes Winter 2022: Discussion Groups</b>	<b>Cost</b>	<b>Instructor</b>	<b>Dates</b>	<b>Location</b>	<b>Total Sessions</b>	<b>No Class Dates</b>
Alzheimers Support/Early Onset Tues. 11:00-12:00 pm. <i>Limit 12</i>	\$0	Heather Gately	1/11, 2/8, 3/8	In house	3	
SWCAA Caregiver Support Wed. 10:00-11:00 am <i>Limit 15</i>	Donations accepted	Terry Giegengack	1/5, 1/19, 2/2, 2/16, 3/2, 3/16	Zoom	6	
Contemporary Issues Mon. 10:30-11:30 am.	\$0	Art Gottlieb	1/3, 1/24, 2/7, 2/28, 3/7, 3/21	Zoom	6	
Current Events Tues. 10:45-12:00 pm. <i>Limit 14</i>	\$0	Jon Fox	1/4-3/29	In house	13	
Happiness through Mindfulness Meditation Thurs. 11:00-12:00 pm. <i>Limit 20</i>	\$0	Dr. Paul Epstein	1/20-2/24	In house	6	
Just for Women Thurs. 3:00 - 4:00 pm. <i>Limit 15</i>	\$0	Channe Fodeman	1/6, 1/20, 2/3, 2/17, 3/3, 3/17	Zoom	6	
Letting Go of Stress Wed. 1:30-2:30 pm. <i>Limit 15</i>	\$0	Deidre Ekholdt	1/5, 2/2, 3/2	In house	3	
Parkinson's Support Wed. 10:15-11:00 am.	\$0	Maureen Matuszewski & Alison Smith	1/26, 2/23, 3/23	Zoom	3	

<b>WCSA Classes Winter 2022: Writing/Literature</b>	<b>Cost</b>	<b>Instructor</b>	<b>Dates</b>	<b>Location</b>	<b>Total sessions</b>	<b>No Class Dates</b>
Book Discussion: <i>The Victorian Internet</i> Wed. 10:30-11:30 am. Book Add'l \$13.00 <i>Limit 14</i>	\$24	Art Gottlieb	1/12-2/16	In house	6	
Shakespeare Discussion Group: Mon. 10:30-12:00 pm. <i>Limit 12</i>	\$12	Diane Lowman	1/10, 2/7, 3/7	In house	3	
Shelf Awareness Book Club Wed. 2:00-3:30 pm. <i>Limit 12</i>	\$0	Jill Meyer	1/12, 2/9, 3/9	In house	3	
Writing Through Prompts Tues. 1:30-3:00 pm. <i>Limit 12</i>	\$32	Diane Lowman	1/4-2/22	In house	8	



## Westport Center for Senior Activities

### Winter Classes Jan.-Feb.-Mar. 2022

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WCSA Classes Winter 2022: Language/Games/Tech Help	Cost	Instructor	Dates	Location	Total Sessions	No Class Dates
Beginner's Mahjong (Includes 2021 Card) Mon. 1:45-2:15 pm. <i>Limit 16</i>	\$60	Shelley Moll	1/3-3/28	In house	11	1/17,2/21
BINGO Thurs. 1:15-2:30 pm.	\$0	Doug Brill	Every Thurs.	In house	13	
Bridge One Part II Tues. 1:00-2:30 pm. <i>Limit 16</i>	\$28	Diana Sussman	2/15-3/29	In house	7	
Bridge Intermediate Wed. 2:30-4:00 pm. <i>Limit 16</i>	\$40	Michael Hess	1/5-3/9	In house	10	
French Conversational Wed. 10:30-11:30 am. <i>Limit 10</i>	\$52	Nell Mednick	1/5-3/30	In house	13	
French Intermediate Wed. Noon-1:30 pm. <i>Limit 10</i>	\$52	Nell Mednick	1/5-3/30	In house	13	
Spanish , Beginners Thurs. 2:30-4:00 pm. Book Add'l \$28.00 <i>Limit 10</i>	\$52	Nell Mednick	1/6-3/31	In house	13	
Tech Club Fri. 3:15-4:15 pm.	\$0	Volunteer	1/7-3/25	In house	10	2/18, 2/25

### WINTER TRIVIA

1. What is the shortest day of the year called?
2. What is the coldest state in the United States of America?
3. How many sides do snowflakes have?
4. Is it possible for snow to fall over a desert?
5. The most snow to fall within 24 hours ever recorded was 76 inches. Where was this?
6. Which city in the United States became the first US city to host the Winter Olympics twice?
7. Where is the snowiest place in the United States?



1. Winter solstice 2. Alaska 3. Six 4. Yes 5. Silver Lake CO. 6. Lake Placid 7. Stampede Pass, WA.

# The Westport Center for Senior Activities

## Registration Worksheet

Winter 2022

Registration for the Jan. 3 - Mar. 31, 2022 semester can be done at [myactivecenter.com](http://myactivecenter.com), or by calling the WCSA at 203-341-5099, or by mailing or dropping off in our locked drop box, your completed registration form with a check made out to WCSA. If you register by phone or online, you must pay with a credit card at the time of purchase. Credit card transactions are subject to an additional convenience fee of 2.75%. Phone registrations will be available from 8:30 am to 4:30 pm, Monday - Friday. Please do not leave your registration requests on the answering machine as they will not be honored. *Please note: A \$10.00 late fee will be added for anyone registering after December 29 for any class that runs the entire semester.* Scholarships for Westport residents are available by contacting WCSA Director Susan Pfister at 203-341-5098. All scholarship requests will be confidential. If you are registering for more than one class and paying by check, one check may be written for the sum of the registration fees.

<u>Class</u>	<u>Day(s)</u>	<u>Time(s)</u>	<u>Instructor</u>	<u>Fee</u>
				\$
LATE FEE...				
TOTAL PAYMENT DUE.....				\$

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Westport Resident? \_\_\_\_\_ Yes \_\_\_\_\_ No      Date: \_\_\_\_\_

\*Email address: \_\_\_\_\_

*\*Required for all online classes*